

# NATIONAL BREAST CANCER AWARENESS MONTH

Each year, the third Friday in October is National Mammography Day. On this day and throughout the month, radiologists provide discounted or free screening mammograms. In 2005, National Mammography Day will be celebrated on October 21st.

- ♦ In September, several national organizations will have the list of facilities that participate in National Mammography Day. To learn which facilities in your area are taking part in the event, call any of the organizations listed below. For additional information on Breast Cancer we have included their web sites for your convenience.

**American Cancer Society**

(800) 227-2345 or [www.cancer.org](http://www.cancer.org)

**National Cancer Institute**

(800) 4-CANCER or [www.cancer.gov](http://www.cancer.gov)

**American College of Radiology**

(800) 227-5463 or [www.acr.org](http://www.acr.org)

**Y-ME National Breast Cancer Organization**

(800) 221-2141 or [www.y-me.org](http://www.y-me.org)



**American Cancer Society Recommendations for Early  
Breast Cancer Detection:**

- ♦ Women age 40 and older should have a mammogram every year, and should continue to do so for as long as they are in good health.
- ♦ Women in their 20's and 30's should have a Clinical Breast Examination (CBE) as part of a periodic (regular) health exam by a health professional preferably every 3 years. At age 40, women should have a breast exam by a health professional every year.
- ♦ Woman should report any breast changes to their health professional right away. Breast Self Examination (BSE) is an option for women starting in their 20's.
- ♦ Women at increased risk (e.g., family history, genetic tendency, past breast cancer) should talk with their doctor about the benefits and limitations of starting mammograms when they are younger or having additional tests (e.g., breast ultrasound or MRI).

*Sources: American Cancer Society, NBCAM.*



**For information or  
confidential  
assistance call:  
800-343-2186  
[www.hmsincorp.com](http://www.hmsincorp.com)**